

Physical Fitness Evaluation

How will physical fitness be measured?

The Physical Fitness Test consists of four (4) basic tests. Each test has been scientifically validated. The tests will be given in the following sequence with a rest period between each test.

1. ONE (1) MINUTE SIT UP TEST

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in the number of bent leg sit-ups performed in one (1) minute.



Procedural Tasks

- Start by lying on your back, knees bent, heels flat on the floor, with the fingers laced and held behind the head.
- A partner holds the feet down firmly.
- When the whistle blows, perform as many correct sit-ups as possible in one minute.
- In the up position, you should touch your elbows to your knees or beyond your knees and then return until the shoulder blades touch the floor.
- Any resting is done in the up position.
- Your score is the total number of correct sit-ups performed in 1 minute, as counted by your evaluator.
- Do not hold your breath while performing sit-ups. Hips should remain on the floor.

Preparation

The abdominal muscles must be trained to contract repeatedly over a one (1) minute time period without undue fatigue. The preparation

routine is to accomplish as many bent leg sit-ups (as per the actual test procedure) as possible in one (1) minute.

- Repetitions is the number of sit-ups performed in one session (one minute)
- Set is the total number of sessions to be performed in one workout period.
- Perform three (3) sets, three (3) times per week.
- Gradually work to increase the number of repetitions per session.
- Gradually work to increase the total number of sets.

2. ONE (1) MINUTE PUSH-UP TEST

This is a measure of the fitness (strength and endurance) level of the muscle groups involved in the chest, upper arms and shoulder girdle. It is an important area for performing police tasks requiring upper body strength. The score is in the number of push-ups performed in one (1) minute.



Procedural Tasks

- The hands are placed about shoulder-width apart, with fingers pointing forward. The evaluator places one fist on the floor between your thumbs below your chest.
- Starting from the up position (elbows fully extended), you must keep your back straight at all times (do not allow back to arch or sway) and lower your body to the floor until your chest touches the evaluator's fist. You then return to the up position. This is one repetition.
- The only parts of the body touching the floor should be palms and toes.
- Resting is done only in the up position.

Preparation

A push-up requires the use of muscles groups in the chest, upper arms, and shoulder girdle; form is important. Three recommendations are made to develop these areas; the actual push-ups, tricep dips, and weight training.

Push-Ups

Use the same routine as for sit-ups. Gradually increase the number of repetitions and sets.

Remember your chest must touch the evaluator's fist before you return to the up position.

A 3-inch sponge may be placed under the sternum to substitute for the fist.

Modified Push-up

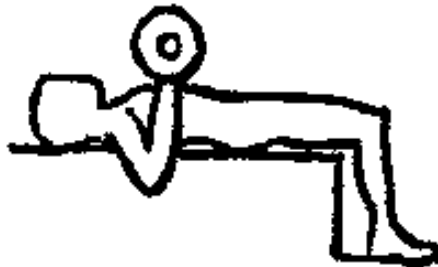
This push-up is recommended for individuals who have difficulty completing a push-up. It is performed on the hands and knees with the back straight and hands slightly in front of the shoulders in the up position.

Tricep Dips

- Begin with your heels resting on the ground, or a raised surface (a chair, a bench)
- Palms of the hands on the edge of a bench or chair, fingers curled around the edge for support.
- Hands can be can touch each other, or they can be as far apart as shoulder width.
- Elbows are flexed at a 90-degree angle.
- Using only the arms extend the elbows pushing the upper body up.
- After fully extending your arms, immediately lower yourself slowly, returning to 90 degree elbow

Weight Training : Bench Press

Weight training may be beneficial if there is consistency in the training and if gradual challenges are instituted. The formula for calculating safe training weights is as follows; bench press the maximum amount of weight without causing excessive strain. Divide the weight amount by two, which will represent the recommended training weight. All lifts should be done through a full range of motion to work the muscles completely. Lifting is done to a four-count pace: count to four as you lift the weight, and count to four as you release the weight. As you become stronger increase training weight from 2 to 5 pounds. Performing three (3) sets of eight (8) to ten (10) repetitions, three (3) times per week increase your level performance.



3. ONE AND A HALF (1.5) MILE RUN

This is a timed run to measure the heart and vascular system capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.



Preparation

Beginners try to do too much too soon, by following a sensible training program such as the one listed below performance will improve at a safe conservative pace. It is better to see gradual progress than to experience frustration and give up.

- ♦ The following schedule allows for slow progress which will enable performance at maximum effort for the 1.5 mile run. Consistency is strongly encouraged so that maximum development may be achieved.

WEEK	ACTIVITY	DISTANCE	TIME	FREQUENCY
1	Walk	1 Mile	17:00-20:00	5 X's per Wk
2	Walk	1.5 Miles	25:00-29:00	5 X's per Wk
3	Walk	2 Miles	32:00-35:00	5 X's per Wk
4	Walk	2 Miles	28:00-30:00	5 X's per Wk
5	Walk/Jog	2 Miles	27:00	5 X's per Wk
6	Walk/Jog	2 Miles	26:00	5 X's per Wk
7	Walk/Jog	2 Miles	25:00	5 X's per Wk
8	Walk/Jog	2 Miles	24:00	4 X's per Wk
9	Jog	2 Miles	23:00	4 X's per Wk
10	Jog	2 Miles	22:00	4 X's per Wk
11	Jog	2 Miles	21:00	4 X's per Wk
12	Jog	2 Miles	20:00	4 X's per Wk

4. SPRINT → WALL → DUMMY DRAG

This is a test of anaerobic capacity. This is important area for performing short intense burst of effort such as in pursuit tasks. The score is seconds to complete a 48.3 yard course.



- Begin seated in a patrol vehicle, seat belt on, and both hands on the steering wheel.
- When the whistle blows exit the patrol vehicle and run as fast as possible for 40 yards.
- Now scale the 5 ft. wall (under control, looking to observe any possible obstacles on the other side).
- Drag a 165 pound manikin 25 feet (continue to drag until the manikins' feet cross the line and the evaluator has called "time").

Preparation

Using the preparation recommendations for push-ups, vertical jump, and the one and half (1.5) mile run will prepare you for this test.